



The Southwester

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Serving the Southwest and Near Southeast Community

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August 2009

Circulation 12,000

FREE!

Published by The Southwest Neighborhood Assembly, Inc. —a 501(c) (3) charitable and educational corporation. Send messages to thesouthwester@yahoo.com

Southwest Dining Guide Inside This Issue

Southwest Community Day, August 1, 2009



Mayor, community leaders, residents, Cavaliers, and clowns enjoy our Southwest Community Day, August 1, 2009.

Southwest 100 Club: Ruth Jackson

By Southwester Staff

We all know that it is important to help sick persons when they are in the hospital, to aid them in their recovery and help make them feel special. But what about still dedicating yourself to this after a century of life? Recently, Southwest resident Ruth Jackson celebrated her 100th birthday. And she still likes to visit those less fortunate.

Ms Jackson was born on June 24, 1909 in South Carolina, but moved to DC ten years later and has resided at Waterside Towers since 1989. She married twice, traveled extensively with her second husband who was a golfer, and retired from government work.

She attends The United Church of Christ services every Sunday and loves the theatre. Ms. Jackson is certainly an expert on the history of Arena Stage, having attended plays there since its inception, and plans on continuing to do so at the new Meade Theatre

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Nats Make SW Home Turf

By The Southwester Staff

This summer has seen tremendous activity as the Washington Nationals and the Southwest community have collaborated on a number of events. After listening to community leaders' input, the

team has focused on youth development and recreation. "We've heard the community loud and clear," says Chartese Burnett, vice president of communications and community relations. "We've aligned many of our community relations initiatives to fulfill the needs and interests of our neighbors. It's been a good relationship thus far and we hope to make it even better."

In May, the team hosted the baseball team from Jefferson Junior High School for a practice on the field at Nationals Park. The team originally issued the invitation to all DC public high schools with a baseball team but expanded the effort to include Jefferson, the

only Junior High to participate. "We were so excited with this initiative, it seemed only right to include young people from Southwest since there is no high school here," said Israel Negron, director of community relations for the team. The Nationals are reportedly the

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Students at Amidon-Bowen Elementary enjoy their new Nationals gear.

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ANC 6D Update

By David Sobelsohn

With the recession's having slowed the pace of neighborhood redevelopment, nowadays ANC 6D commissioners spend less time on zoning and more time discussing issues central to more settled communities. The ANC's July 13 meeting focussed on two common ANC 6D concerns: liquor licenses and the use of public space.

In spring 2010, Southwest's only grocery store, Safeway, plans to relocate into a much larger space in the Waterfront Station project. Safeway has applied for a license to sell beer and wine at its new location. The

Alcoholic Beverage Control Board will hear Safeway's application August 24.

Liquor sales can both benefit and endanger a neighborhood. So ANC 6D routinely opposes liquor-license applications until the applicant has agreed to certain conditions, mostly related to health and safety. But reaching an agreement takes time. Many Southwest residents also have longstanding concerns about the management of this particular Safeway.

For these reasons, at its July meeting, ANC 6D voted unanimously to oppose Safeway's license application. At the same time, a narrowly divided ANC agreed to hold a town meeting to solicit community input regarding Safeway's license application and (more generally) its Southwest supermarket management. Commissioners expect their opposition to the license at least to delay approval until after the town meeting. The town meeting will take place 7-9 p.m. Thursday, September 10, at Westminster Presbyterian Church, 400 I St., SW.

The ANC also voted to oppose Parkway Wine and Spirits' application for a license to sell liquor at 156 L St., SE. But here, the ANC made its decision solely to allow time to determine the terms and applicability of any pre-existing operating agreement, and if necessary to negotiate a new agreement.

The ANC voted to support two applications for use of public space. First, on September 12, at King-Greenleaf Recreation Center, the South Washington/West of the River Family Strengthening Collaborative will hold its 2009 Health Fair. The ANC voted to support the fair, including the temporary closing (for the fair's duration) of a part of Canal St., SW. The ANC also voted to endorse Whitman-Walker Clinic's October 3 AIDS Walk. The walk will enter no residential portion of the neighborhood. Both the walk and the health fair took place last year in essentially the same locations as they will this year, without generating any reported complaints from ANC 6D residents.

The ANC will hold its next business

meeting at 7 p.m., Monday, September 14, in a new location: the second-floor Admiral Rooms of Courtyard by Marriott, 140 L St., SE. It's the first time since leaving the Randall School in 2006 that ANC 6D will hold its monthly business meeting away from St. Augustine's Church. It's also the first time since the Southwest ANC's 2002 expansion to Southeast that this ANC will hold a public meeting in Southeast.

The Marriott space comes as part of a community-benefits agreement the ANC negotiated in exchange for supporting the hotel's application for permission to put outdoor dining tables at the corner of New Jersey Avenue and L Street, SE. In September, ANC 6D residents can have dinner alfresco at the Marriott, then stay for the ANC meeting upstairs.

David Sobelsohn is an Advisory Neighborhood Commission 6D Commissioner and Secretary



ANC 6D Update

Staff Change at ANC-6D

By Andy Litsky

After seven great years with us at ANC-6D, Roberta Weiner has left to pursue other activities. I know that I can speak for my fellow Commissioners and everyone in the SW/Near SE community who has worked with her over the years that we wish Roberta much success as she takes on new challenges.

Our new ANC-6D staff person is Bert Randolph, who began work on August 1. Bert has served successfully for the past

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Earth Moves at St. Matthew's Lot

By The Southwester Staff

As can now be seen on M Street and 3rd Street, St. Matthew's has finally been able to work out a way to clear and level their lot in anticipation of design phase for its new church and apartments. This will make the lot safer to use as the Lutheran con-

gregation looks for ways to provide benefits to the Southwest community.

The Heavy Equipment Training Academy (Howard Road), under the direction of Charles Boston, offered the services of the students of the academy to grade the lot as real time training for the students. Boston stated

that this was a great way for the students to give back to the city since many of them receive scholarship assistance from the DC Department of Employment Services.

Once the grading is done, the lot will be covered with straw to help prevent erosion.

Continued on Page 4

Southwest August Community Calendar

SAT., AUG. 8 Nationals Home game, 7:05 p.m., with Bobblehead promotion give-away and Save-a-Life pre-game blood drive

SUN., AUG. 9 Nationals Home game, 1:35 p.m.

SAT., AUG. 15, SWNA Board Retreat

TUE., AUG. 18 Nationals Home game, 7:05 p.m., T-Shirt Tuesday

WED., AUG. 19 Nationals Home game, 7:05 p.m.

THU., AUG. 20 Police Service Area (PSA 104) monthly meeting

NATIONALS HOME GAME, 7:05 p.m.

FRI., AUG. 21 Nationals Home game, 7:05 p.m., with The First Ladies' Back to School Drive

SAT., AUG. 22 Nationals Home game, 7:05 p.m., with The First Ladies' Back to School Drive and with Bobblehead give away

SUN., AUG. 23 Nationals Home game, 1:35 p.m., with The First Ladies' Back to School Drive

MON., AUG. 24 Official Start of the School Year at Amidon-Bowen Elementary School and Jefferson Middle School

Nationals Home Game, 4:35 p.m.

FRI., AUG. 28 St. Augustine's Game night 7 p.m., free event, the last Friday of each month includes a Potluck supper. Community members and families are invited to bring their favorite games and enjoy a fun evening of fellowship. St. Augustine's Episcopal Church, 600 M St., SW.

SUN., AUG. 30 10:45 a.m. -11:30 a.m., "The

Spirit of the Pearl"

David W. Smith, Sr., executive director of the nonprofit organization, The Pearl Coalition. Light refreshments and a facilitated audience Q&A.

WED., SEPT. 2 7 p.m. Pianist Steve Badour will perform "Latin Passions," musical selections from Argentina, Brazil, Cuba, Mexico, Spain and Venezuela, followed by a Q&A. Coffee and dessert. Free, donations accepted for artist's honorarium. St. Augustine's Episcopal Church, 600 M St., SW

FRI., SEPT. 4 Nationals Home game, 7:05 p.m., Roberto Clemente Night

SAT., SEPT. 5 Nationals Home game, 7:05 p.m., Adopt-a-Pet at the Park

SUN., SEPT 6 Nationals Home game, 1:35 p.m., Kids Run the Show Day at the Ballpark

THU., SEPT 10 7-9 p.m. Town Meeting: Southwest Safeway--How Could It Improve & Should It Sell Alcohol? 7 p.m. Co-sponsored by ANC 6D & SWNA. Westminster Presbyterian Church, 400 I St., SW

THURSDAY, SEPTEMBER 17, 6:30 p.m., St. Augustine's Interfaith Book Discussion Group: Potluck supper. Group won't meet during the summer, but participants should read "The Secret Life of Bees" by Sue Monk Kidd to discuss in the fall. St. Augustine's Episcopal Church library, 600 M St., SW. Contact Deanna Burleson, 703-303-6143.

WEEKLY, BI-WEEKLY

TUESDAYS, 10 A.M. to 2 p.m. United

States Department of Transportation Farmers Market, 3rd and M Streets, S.E. It runs through November 18th.

TUESDAYS & THURSDAYS at 5:30 p.m. at St. Augustine Church the S. Wash. West of the River Family Strengthening Collaborative has a course called Quenching The Father Thirst. This course trains men to become responsible fathers/father-figures that love and lead their children to success. Call Alphonso Coles, 202-870-1885.

WEDNESDAYS, 12 - 2 pm - Free outdoor concerts, rock, etc. Bring your bag lunch or buy here - Plaza behind DOT Headquarters Bldg - New Jersey Ave. SE & N SE, a block south of Metro station

THURSDAYS, DUSK TO 8:45 pm - Weekly outdoor movies from the 1980's, Plaza behind DOT Bldg, New Jersey SE & N SE

FRIDAYS AT 10 a.m. to 2 p.m., the United States Department of Agriculture (USDA) Farmers Market, corner of 12th and Independence Ave., S.W. It runs through October 30th.

NOTE:

THERE IS NO ANC meeting in August (September meeting to be held at Courtyard by Marriott in SE)

THERE IS NO SWNA meeting in August (meeting resume in September at a new time: 7:00 p.m.)

COUNCILMEMBER TOMMY WELLS will not hold office hours this in August. **Regular office hours** will resume in September on the second Thursday of the month.

The Southwester

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Circulation - 12,000

Please send material for The Southwester

by e-mail to thesouthwester@yahoo.com.

If you have a message for the Southwest Neighborhood Assembly, Inc. please leave it after the tone at 202-554-8560.

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Please submit calendar items for September events to voice mail - 202-554-8560 or by email to thesouthwester@yahoo.com by Wednesday, August 19, 2009.

4th St. Neighbors, SWNA to Collect School Supplies



Neighbors

By Meg Brinckman

The Fourth Street Neighbors will once again participate in the collection of school supplies with the generous support of our Advisory Neighborhood Commission 6D. Boxes will be placed in the public areas of the residences along 4th Street (From M to P Streets) for your contributions. Help our ANC 6D school children be ready to learn from day one. Any student in ANC 6D may receive supplies on a first-come-first served basis. Applications for backpacks and supplies will be distributed throughout the community. The supplies will be distributed before school starts August 24th.

Needed Supplies:

Elementary

#2 pencils, crayons (16 count or 24 count),

yellow highlighter, set of washable colored markers, set of colored pencils (12 count), large pink erasers, glue sticks, blunt tip scissors, scissors, marble cover composition books, pocket folders, pack of wide loose-leaf paper-wide ruled, pack of 3"x5" index cards, pack of post-it notes, 12-inch ruler pencil box, box of tissues.

Middle School

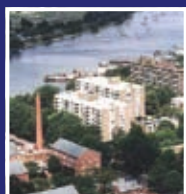
#2 pencils, 3" Loose-leaf binder, pack of lined loose-leaf paper-wide ruled, pink erasers, pocket folders, set of colored pencils (12 or 16 count), set of washable colored markers, marble cover composition books, headphones (for use with computers), calculator.

A donation may be made by check to the "SWNA 2009 School Supply Fund" and mailed directly to the Southwest Neighborhood Assembly (SWNA), P.O. Box 70131, Washington DC, 20024. SWNA is recognized by the IRS as a 501(c)3 organization. You will receive a letter acknowledging your contribution. Also if you wish to take a tax deduction for the items you purchase, please contact Meg at 202-554-2259 or mbrinckman@comcast.net to arrange for a tax donation letter. Thank you for supporting our Southwest students.



6th Street sidewalk obstruction now resolved.

How to Report Street Damage



Real Estate & Development

By Southwester Staff

On the streets of a neighborhood in development, there are bound to be problems. The Southwester recently had a chat with Jeff Baxter, a former Southwest resident and current Superintendent of the Street & Bridge Division of Dis-

trict Department of Transportation where we addressed this issue. Baxter told us that the best way to report any irregularity is by means of the City hotline, 311. Calling this number assures that the problem will be on record and the issue can be followed up until closure. Recent problems that have been addressed and resolved include a broken sidewalk on 3rd Street and a closed sidewalk on 6th Street. The hotline service is new to DC and it does work with a bit of patience. Before escalating the issue to any other level (Councilmember Tommy Wells takes special interest in any such issue that residents may have), it is best to call 311 and report the issue, and then wait a few days for resolution.

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Ruth Jackson proudly celebrates a century

Jackson

From p. 1

when it is completed next year. Being a member of a small poker circle helps her keep her poker skills honed.

To the young people of the neighborhood, she would like to say "Learn to get along with others. Help people whenever and wherever you can." After a hundred years of life, you can pretty much guarantee the value of advice like this.

Garden

From p. 2

Later it will be covered with wood chips to facilitate drainage.

Pastor Phillip Huber told the Southwester "Once this work is completed, we can move forward to prepare the planting plots for the anticipated Youth Gardening Project next spring and summer. These plots will be located along Delaware Ave. and part of the way along the back side of the property. Beginning this week, youth from the Mayor's Conservation Corps will be assisting our own Dan Felger to further glean those plots by removing larger rocks and stones" said Pastor of the Lutheran Congregation Phillip Huber. "We are very grateful to Michelle McKnight,

an analyst for the District Department of the Environment (DDOE), who manages assignments of Youth Conservation Corps crews to projects for the Mayor's Office. She immediately assigned one team on receipt of our request."

The church hopes to organize a much anticipated Southwest Community Yard Sale. It is considering Saturday, September 12 so that the congregation can support the Collaborative Community Health Fair also scheduled for that day at the King-Greenleaf Recreation Center. If anyone is interested in space, please email the church at mailto:stmatthewsdc@hughes.net. There is no cost to set up a table, however, any donations will be used to help defray costs related to the Youth Gardening Project.



Preparing the St. Matthew's Youth Garden



A new look for Canal Park: planned pavilions.

Canal Park Gets a Fresh Plan

Canal Park, between I and M Streets, and 2nd Street and 2nd Place in Southeast, is now completely sodded and waiting for the start of construction of a brand new concept in area parks. A new website sports a rendering of what we can expect from the public spaces on one side of the park. The idea is to create a sustainable area for residents' enjoyment, complete with pavilions, ice skating, water features, sculpture, and amenities for families and kids, all powered by renewable energy and irrigated by reused water. Completion of the project is expected in mid 2011.

The park will join a host of other new parks in Near Southwest, or Capitol Riverfront, including Diamond Teague Park (now under construction) and the Park at the Yards, where Mayor Adrian Fenty broke ground in May, 2009.

Change

From p. 2

six years as the staff person for ANC-6B (close in Capitol Hill), interfacing with the commissioners, District regulatory staff and councilmember and city administrative offices. He, too, has well developed relationships with the Ward Six staff people at the major city agencies and understands the process at Zoning, ABC, Historic Preservation, Attorney General, DC Auditor, Public Space Commission and the City Council.

Bert will continue working for ANC-6B as he assumes these new responsibilities -- something that Gottlieb Simon also handled for nearly 25 years before taking over the Office of the ANCs at the City Council. We all anticipate that this symbiotic relationship will serve both of our communities very well.

At present, the plan is to keep the ANC-6D public hours on Tuesday and Thursday as posted. Our phone number and e-mail address, of course, remains the same. We welcome Bert Randolph on board at ANC-6D and look forward to a long and productive relationship.

Andy Litsky is Chair of Advisory Neighborhood Commission 6D



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+ Spiritual Calendar +

Neighborhood Religious Services

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I Street, SW
Sunday: 10:45 a.m.; Friday: Prayer
and Bible Study: 8 p.m.

St. Augustine's Episcopal Church

600 M Street, SW
Sunday: 9:30 a.m. (6/21 through
9/6); Tuesday 6:30 p.m. Evening
Prayer

St. Dominic Catholic Church

603 E Street, SW
Saturday: 5:15 p.m.; Sunday 8
a.m., 10:45 a.m., 12:15 p.m.
(Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m.

St. Matthew's Baptist Church

New Jersey Avenue, SE
Call 488 7298 for service times.

St. Matthew's Lutheran Church

22 M Street, SW (worshiping at
First Trinity Lutheran Church, 501

4th Street, NW)
Sunday: 10:30 a.m.

St. Vincent de Paul Catholic Church

14 M Street, SE
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.

Second Baptist Church

1200 Canal Street, SW
Sunday: 8 a.m. and 10:45 a.m.
Wednesday: Prayer Meeting 7 p.m.

Riverside Baptist

7th Street and Maine Avenue, SW
Sunday: 10 a.m. with Bible Study
at 9 a.m.

Westminster Presbyterian Church

400 I Street, SW
Sunday: 11 a.m.



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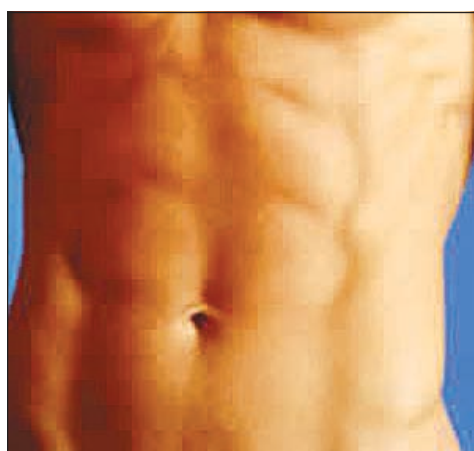


Fitness and Nutrition

By Derrick Inglut

This year, my friends and I rented a house in Rehoboth Beach. So far it has been a great time but I must admit, 15 people jammed into a beach house only one block from the boardwalk has spelled disaster for my diet. Eight weeks of tagging along with housemates between restaurants, bars and shops have been the ultimate test of my willpower. Sometimes I was successful, others not so much. Fortunately, a few mistakes in the diet can be cleaned up pretty easily via high caloric expenditure.

First, it's important to know that in order to lose fat, you must expend more calories than you consume. Period. There are no exceptions to this rule — no weight loss pills you can



buy, no creams you can rub on. If you're like me and like to be able to "live a little bit," to burn the fat, you must perform exercises that have a high rate of caloric expenditure. This is going to involve some sweat — "sweat equity," as I like to call it. The plain truth is, if the exercise seems easy, it's probably a waste of time. Muscle cells are the engine of the body and are the primary mechanism for burning fat. The more muscle that is put to use—and you'll feel it—the more fat you can burn. The following are tips that will help point you in the right direction.

***Truth — Abdominal training doesn't get you abs.**

The interesting thing here is, some of the best ways to reclaim your six pack back are not abdominal exercises at all. Most abdominal exercises use only small quantities of muscle over a restricted range of motion yielding a

low rate of caloric expenditure (fat burning). However, squats and lunges are fantastic calorie burners because they employ at least twice as much muscle as a typical sit-up and can burn much more stored fat per hour—even off your abdomen.

***Truth — you can't eliminate fat only from one specific area.**

The body works as a whole so there is no such thing as "spot training" for fat loss. Working your abs will not eliminate fat specifically from the abdominal region. Sure you will eliminate fat, but not only from the abdominals, but from all fatty regions. This is because when performing an exercise, fatty deposits are dispersed into the bloodstream from all over the body. The fat is then used up by the mitochondria (the engine of the muscle cells responsible for producing energy) in the areas that that require it.

***Truth — exercise standing up burns more fat than exercises sitting down**

The highest caloric expenditures are noted on those exercises that are performed while standing up versus sitting or lying down. Recent studies have shown that the metabolism is up to five times higher standing up versus lying down and adding an exercise in the mix will surely amplify the situation.

***Truth — Cardiovascular exercise is not a long term solution for fat loss.**

The common question I get is "what burns fat better, cardio or weights"? Well that depends. If you're pressed for time, and only have two weeks to lose the weight, cardio is your best bet. If you have two months, weights are your best bet. New muscle growth will raise the metabolism 24 hours a day while cardio quits working for you the moment you step off the treadmill. The moral of the story here is — cardio can help speed up caloric expenditure, but this is only for short term success. If you're looking to lose the weight, and keep it off, weights are a must in any program. A combination of both cardio and exercise is the fastest way to get back into swimsuit shape.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.

KIDS Mobile Medical Clinic in Southwest



Fitness and Nutrition

By Southwester Staff

The KIDS Mobile Medical Clinic of Georgetown University Hospital/Medstar Health and the South Wash-

ington/West of the River Family Strengthening Collaborative are teaming up once again to hold the Eighth Annual Community and "Healthcare on Wheels" Health Fair.

The event will happen September 12, 2009, from 11:00 am to 3:00 pm at the King Green Leaf Recreation Center at 201 N Street, SW.

Last year was an amazing success. With the participation of over fifty local organizations, we provided information and screenings to more than 800 community residents. Our goal is to provide increased awareness of and access to community health programs,

"mobile" medical clinics, education, insurance information (and eligibility criteria), health and safety information and careers in the field of health care for the residents of Southwest and Southeast Washington.

The theme of the health fair is "Keeping Families Healthy." Representatives from the city will be in attendance sharing information, signing-up eligible children and families, providing health screenings and answering questions for all those who attend.

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Dining in Southwest

Jenny's Asian Fusion 1000 Water Street, SW 202-554-2202

Take out: yes

Price range: Asian fusion, \$10-\$20;
French style items: \$15-\$35

Jenny's began at the now defunct Waterside Mall, and continues 30 years later in the top floor of the Washington Yacht Club. The view is tremendous from the windowed perch. Jenny's provides a diverse menu of Asian dishes (try the popular General Tso's Chicken or the Mongolian Beef) and French style seafood and meats (see menu insert in this issue and ad on back page). The shrimp scampi is well portioned and perfectly cooked, and can be paired with Asian items from the small plate menu for a great fusion experience. Top price on

the menu is lobster. A weekday happy hour features half priced specialty drinks, including the Lychee Martini, made from real fruit. The bar is separated from the main dining room in a glassed in patio overlooking the river and marinas.

Jenny's is open year round (except Thanksgiving week and Christmas Day), Monday to Thursday 11-10p.m., Friday and Saturday for an extra hour until 11 p.m. and Sundays from 4 p.m. to 7 p.m.

21st Amendment Holiday Inn 550 C Street, SW 202 479 4000 extension 7164

Take out: yes

Price range: \$9-\$18

The chef assures us that this Modern American Bar and Grill serves the best panini in Washington. Diners can eat under the colorful umbrellas on the sidewalk, or stay in the dining room and enjoy live music on Wednesday and Thursday nights. Service hours are from 11 a.m. to 1 p.m. on weekends, and 12 noon to midnight on weekends. The bar also serves a wide array of specialty drinks.

Cantina Marina 600 Water Street, SW 202-554-8396

Take out: yes

Price range: \$5-\$19

Located on the Odyssey Cruise Line pier,

Cantina Marina boasts the only true beach bar in DC, on the waterfront. The full bar and restaurant is open from March to December, and the outdoor feel is complemented by a Southern Gulf Coast Menu. Try the grilled tacos or the BBQ shrimp with a signature frozen margarita. Enjoy food from 11:30 a.m. to 10 p.m. on weekdays and to midnight on weekends, with the bar open a couple of hours after the kitchen closes. The after-work crowd is younger, but you can always find diners of all ages here. An indoor dining room and bar upstairs keeps the restaurant open in less than glorious beach weather. The main bar is roofed, so an afternoon storm is not a problem.

Capitol Bistro Holiday Inn 550 C Street, SW 202 479 4000

Take out: yes

Price range: \$17-\$28

"Family restaurant" is a great way to describe this venue at Southwest's Holiday Inn. An international lunch buffet is served every day, alternating among cuisines. The Porterhouse steak is

a menu favorite. The restaurant can accommodate groups of up to 70 people in private dining rooms. Breakfast is served from 6:30 a.m. to 11, then lunch until 2 p.m. Dinner is served from 5 p.m. to 10 p.m. daily.

City Zen Mandarin Oriental 1330 Maryland Avenue, SW (at 12th Street) 202-787-6868

Price range: \$50 to \$175

Dinner only, Tuesday to Saturday, 5:30 p.m. to 11:30 p.m.

A five diamond AAA restaurant. A James Beard award winning chef. Named on of "America's Finest Dining Restaurants" by the Robb Report. And we have it right here in Southwest. Executive chef Eric Ziebold brings three and six course tasting menus, as well as a six course vegetarian option, of modern American cuisine with a French flair. The interior, created by Toni Chi and Associates, is grand but intimate and sleek. Six hundred bottles are available on the wine list. Chef Ziebold varies the menu and can

feature the best of western beef as well as local soft shell crab with amazing twists of preparation techniques. Dress is sophisticated business casual. Every review we have found assures it is a true delight.

The Mandarin Oriental also features a tea room at the **Empress Lounge** serving savories and sweets on Thursday through Sunday afternoons from 2:30 to 4:30. Friday and Saturday evenings at the Lounge from 8:00 to midnight showcase local performers for live jazz and the best sushi in town.

Courtyard Café and the Dugout Courtyard by Marriott, Capitol Hill/Navy Yard 140 L Street, SE 202 479 0027

Take out: yes

Price range: \$9-\$25

The brand new Courtyard by Marriott in Southeast serves up a lively happy hour and dinner at the Dugout restaurant. Open all weekdays, and weekends when the Nationals are playing home games, the cozy bar and grill does the home team proud. Baby-back ribs and steaks are the favored fare for dinner. For breakfast and lunch, The Courtyard Café serves meals from the other end of the lobby. Outdoor seating is available to enjoy the American style cuisine. We are told that all new furniture is on its way to make the experience even more enjoyable.

Hogate's Café 800 Water Street, SW 202-484-2229

Take out: yes

Price range: \$3.50 to \$12.50

Hogate's restaurant is an institution on the Waterfront. Now, after some rough years, Hogate's is not only re-opening, it is also being re-imagined by the new owner, Kristina Noelle. The first venue to open in the space will be Hogate's Café in mid August. Customers can enter the café from the south side of the building and will find a relaxed and casual area complete with booths and sofas, wireless Internet, and TV screens. The café will have a full bar, an espresso coffee bar serving all type of coffee and teas (we are told that Peet's Coffee will be the grind of choice). A new chef and a brand new pastry chef will bring a menu of sandwiches, sweets, salads and a variety of sliders. The café will be open from 6 a.m. to 10 p.m. on weekdays and 9 to 10 on weekends. This will be our first mod-



Dining in southwest

ern café in Southwest, with style and a relaxed atmosphere for any meal or just for hanging out for coffee with your laptop. Bring the adapter: there are plenty of outlets available. And join in for the occasional "Spoken Word" night, surrounded by local art.

The next phase will bring **Hogate's Restaurant** back to the Waterfront for American seafood and one-of-a-kind views. The restaurant will be opened by the end of August, and will feature a lounge, outdoor dining, catering, live entertainment, and the huge Sunday brunch (from 11 a.m. to 3 p.m.) The menu range is from \$12 to \$32. Lunch will be from 11 a.m. to 3 p.m. on weekdays, dinner from 5 p.m. to 10 everyday. This is worth checking out, it is a complete transformation, a totally new expression.

Jimmy's Grill SW Fish Market 1100 Main Avenue, SW 202-484-6008

Take out only

Price range: \$6-\$13

Home style seafood in home style quantity is what Jimmy's is all about. You never wait in line without getting free samples of everything from sides to main dishes to their signature cakes and pies. The fried shrimp hardly fit in the take out containers! A crab cake sandwich may leave you without any room for more, but you will want to come back for another. Jimmy himself can often be seen outside promoting the food and handing out samples. The food is well seasoned and popular with all who visit the Waterfront Fish Market. All the food, including the desserts, is made on the premises. And, of course, the seafood is as fresh as you can get in the District. For lunch, dinner, or even a late breakfast to take home or eat by the river, Jimmy's is open 9 a.m. to 9 p.m. on weekdays and 8 a.m. to 9:30 p.m. on weekends.

Lapidus Capitol Skyline Hotel 10 I Street (corner of S. Capitol Street) 202-488-7500

Take out: yes

Price range: \$9-\$21

Lapidus is Capitol Skyline's newly re-opened restaurant, named for the hotel's famed architect, Morris Lapidus. "Modern Comfort Food and Drink" is the byline of this clean and bright family restaurant. The restaurant features a full bar (one of three at the hotel). It is one of the few places in the city with hanger steak on the menu. This fresh prized cut is perfectly cooked. Crab cakes at Lapidus have virtually no filler, just lump crab, spices and no heavy deep frying. Daily dinner specials are available. The restaurant opens for breakfast at 6:30 a.m. (7 a.m. on weekends) and serves until 11:00 a.m. Lunch is from 12 noon until 2:00 p.m. and dinner is served from 3:30 p.m. to 10:00.

Summer brings pool season, and Capitol

Skyline has one of the best. Check it out on weekends and especially on Sundays where a mere \$10 gives you all day access and a burger cooked up by Spike Mendelsohn of Bravo's Top Chef fame. Food items at the pool range from \$7 to \$13.

Odyssey Cruises 600 Water Street 1-866-487-3866

Cruises range from \$50 to \$150

Many a tourist and Southwest resident knows that the premier cruise lines on the Potomac have their ships docked at the Southwest Waterfront. The glass covered Odyssey offers first class fine dining on its lunch and dinner cruises as well as their special Sunday Champagne Brunch. Cruise times can be found on www.odyssey.com. A cruise on the Odyssey takes passengers up to Georgetown and back for a two hour lunch and a three hour dinner for "monumental views" with live entertainment and a complete bar. The full menu boasts an Asian grilled sea bass and a Syrah braised beef among its many choices. The Odyssey is the perfect place to celebrate special occasions. The attire is jackets for men and cocktail attire for women for dinner cruises, dressy causal for lunch and brunch.

Phillips Flagship 900 Water Street, SW 202 488 8515

Take out: from a la carte menu only

Fixed buffet price: Lunch \$16.99, dinner \$24.99; A la Carte Menu \$8-\$90.

A Southwest anchor since 1985, Phillips offers a huge buffet of seafood and land-lubber fare in a casual river-side venue with outdoor seating available. American dishes predominate, but the chef always provides something international for the a la carte menu. The \$90 item is a clam bake worthy of a king. Phillips has a full bar for drinks and a somewhat hidden sushi bar providing first class a la carte sushi and sashimi. The dining room is enormous and can handle large parties.

Pier 7 (Channel Inn Hotel) 650 Water Street, SW 202-554-2500

Average price: lunch \$9, dinner \$18

Take out: yes, in person orders only in less than 10 minutes

After 39 years of serving DC residents and tourists alike, the white tablecloths remain, and the food is just as spectacular, but the atmosphere has morphed into elegant but casual. Pier 7 features American-Italian cuisine with seafood as well as steaks and meats and a full kids' menu. They feature live music from Wednesday through Sunday with no cover charge, with an open mic on Wednesday and Sunday at 8:30 p.m. Self-described as the best kept secret in

Fast Food Options

Atrium Café: 525 School Street, SW

Au Bon Pan: L'Enfant Plaza, Concourse level, SW

Café Fifty Nine: 3rd Street and Virginia Avenue, SW

Five Guys: 1100 New Jersey Avenue, SE

Grand Café Salad Bar and Grill: 300 E Street

Grand Chinese Carryout: 1201 S. Capitol Street, SW

Leo's Carryout: 7 N Street, SW

M&J Carryout: 1548 First Street, SW

McDonalds: 400 C Street, SW; 955 L'Enfant Plaza, SW; 22 Eye Street, SE; 6th and Independence, SW (indoor and outdoor)

Pizza Autentica: 300 7th Street, SW

Potbelly Sandwich Works: 409 3rd Street, SW; 1240 Maryland Avenue, SW

Quiznos: 400 Federal Center Plaza, SW (4th Street and C Street)

Sizzling Express: 300 M Street, SE

Starbucks: 409 3rd Street, SW; 1201 Maryland Avenue, SW; 550 C Street, SW; 600 Maryland Avenues, SW; 1200 New Jersey Avenue, SE

Subway: 525 School Street, SE; 1100 New Jersey Avenue, SE

Take a Break: 1280 Maryland Avenue, SW

The Warf: 1100 Maine Avenue, SW

Wall Street Deli: 400 Federal Center Plaza, SW

Wishbone Bakery and Deli: 3rd Street and D Street, SW



On Friday and Saturday nights, the Empress Lounge showcases Washington, D.C.'s top jazz vocalists from 8 pm to midnight. The lounge offers light fare and a complete bar menu, valet parking, and no cover charge.



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Continued on Page 8

Hear Music from Cuba, Mexico, Spain at “Art & Spirit”



Arts

By Elaine Graves

Pianist Steve Baddour will perform and discuss “Latin Passions,” his program of musical selections from Argentina, Brazil, Cuba, Mexico, Spain and Venezuela at the Art & Spirit Coffeehouse, St. Augustine’s Episcopal Church, 600 M Street, SW, on Wednesday, September 2 at 7 p.m. The free evening includes coffee and desserts, followed by a Q&A with the audience, facilitated by Michael Mack, an interdisciplinary artist and thinker.

Baddour explains, “I enjoy talking about the music I play, explaining what attracts me to it and sharing information about the composer and the style. Lately, I’ve been exploring the classical piano music of Spain, the Caribbean and South America. I’m drawn by the influence of folk and poplar musical forms with their exotic rhythms and saturated harmonies.”

He describes playing the piano as “my life-long avocation” which he does as an accompa-



Steve Baddour

nist for choruses, musicals, and benefits and at gatherings of friends and family. He also does some editing and performs piano recitals at several retirement facilities in the DC area.

A DC resident and former teacher who retired after 33 years teaching English in Montgomery County at “a small, public high school for struggling students,” Baddour grew up in Goldsboro, N.C. and is a graduate of the University of North Carolina at Chapel Hill and the District’s George Washington University.

In addition to his love of South American music, he also performs traditional European classical music, mostly of the Romantic and Impressionistic periods, and some American Rag and Jazz.

The Southwest Episcopal Church’s Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists in their various media as they perform and share how their faith, art and social worldview intersect, according to the Rev. Martha Clark, Priest-in-Charge at St. Augustine’s. Donations will be accepted to help provide honorariums for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

Dining Guide

From p. 7

DC, Pier 7 will cater special events and provides complementary parking for diners. Hours: 11-2:30 for lunch, and 2:30 to 10 p.m. for dinner and light fair on weekdays, Saturdays 4-10 p.m. and Sundays 12-8:30 pm

Don’t forget to check out the famous short order breakfast next to the dining room at the **Dry Dock Cafe**.

Spirit Cruises

Pier 4 at 6th Street and Water Street

1-866-211-3811

Cruises range from \$40 to \$125

The Spirit heads down to the Wilson Bridge for views of DC’s historic monuments while serving up a gourmet buffet for lunch or dinner. The dinner buffet includes carving stations. A DJ and Singing Servers lighten the mood. For one price you can enjoy it all. See www.spiritofwashington.com for cruise times as well as special theme cruises.

Vie de France

600 Maryland Avenue, SW

202-775-9193

Take out: yes

Pastries, soups, salads, hot and cold sandwiches, combo plates, pastas, entrees, and breads of every kind fill the menu at Vie de France. A private indoor patio provides space for huge parties and weekday evenings open to happy hour at a full bar, with a DJ on Thursdays and a monthly night of karaoke. Although the main restaurant is only open on weekdays, there is a fast and fresh menu available on Saturdays. The venue specializes in catering to large parties for special occasions. A nice continental change of pace.

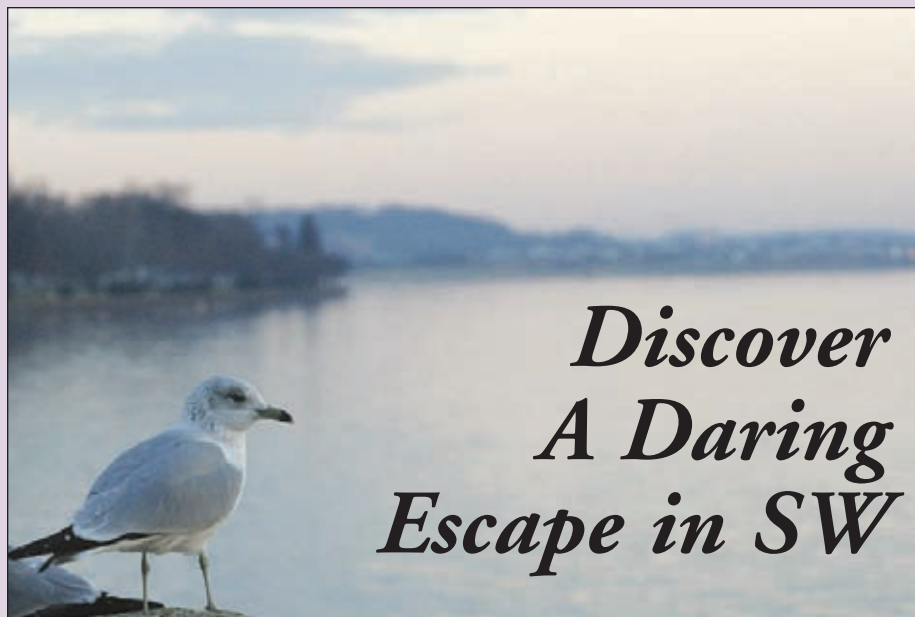
Zanzibar on the Waterfront

700 Water Street, SW

202 554 9100

Fixed price: \$26.95

Zanzibar is a night club which offers a jazz brunch on Sundays. For \$26.95, you can enjoy the Caribbean flavors in the food (curry chicken and mango salmon top off the menu), atmosphere and music. The atmosphere is relaxing and entertaining. There is a full bar and outdoor patio for seating. Sunday brunch is served from 11-4 p.m. and the nightclub operates from 5 p.m. to close from Wednesday to Saturday.



History

By Elaine Graves

David W. Smith Sr., executive director of the nonprofit organization, The Pearl Coalition, will talk about a little-known, attempted escape of 77 slaves from Washington City and Alexandria, Va., which occurred here in Southwest. On April 15, 1848, the 77 boarded the Pearl schooner, docked at the waterfront just yards from the present location of St. Augustine’s Episcopal Church at 600 M Street, SW, an act which comprised the largest slave escape in the United States. Smith is the featured speaker on Sunday, August 30 at the church’s Grounds for Discussion program, beginning at 10:45 a.m. with light refreshments and an audience Q&A following the presentation.

The Pearl Coalition’s cultural mission is to educate others about slaves, slavery and

escapes from slavery, along with the role of abolitionists and the Underground Railway, primarily through building a replica of the Pearl schooner, using inner-city high school youth and young adults in a shipbuilding and carpentry apprenticeship program.

According to Smith, there will be other work development training as tour guides, media arts program to film the progress of the building of the Pearl, as well as developing a school focused curriculum on African Americans DC, Maryland and Virginia history to engage students through ship board programs and historical research, literary competitions,



theatrical performances, arts and music.

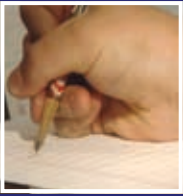
Smith, a native of Washington, DC, is the grandson of Lloyd D. Smith, the founder of The Pearl Coalition, and has over fifteen years of community development and non-profit experience.

Grounds for Discussion is a community speaker forum being offered by the church on the last Sunday of each month at 10:45 a.m. to 11:30 a.m. It will focus on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine’s. Guest speakers will include writers, educators, and civic and church leaders.



David Smith with his daughter.

School Starts August 24th “Safe Routes” Paves The Way



Kids & Schools

By Meg Brinckman

In 2005 the Federal Government passed legislation to establish a National Safe Routes to School Program administered by the Federal Highway Administration. Every state, including the District of Columbia, receives at least \$1 million for use for infrastructure projects and non-infrastructure activities.

The SW community began working with the program in 2007 through a grant written by Ron McBee. The Toole Design Group has completed a comprehensive survey of the principal routes children take to Amidon-Bowen Elementary and Jefferson Middle School. Community members, DC Department of Transportation representatives, Metropolitan Police and school personnel have participated

in the review and made contributions to the final recommendations to improve the pedestrian safety for not only our children but for all citizens in Southwest.

Over twenty areas from 4th Street south of Virginia Ave. to the intersection of Canal and Delaware have had improvements recommended. The Makemie Street crossing of I Street now has a high visibility crosswalk and a pedestrian refuge island to slow vehicle traffic on I Street. This plan is also projected for Wesley Place and I Streets SW, in front of the library. Some of the improvements are as simple as pedestrian light timing to give old and young alike the advantage when crossing dangerous intersections. The simple redesign of crosswalk markings to make them more visible or to raise them slightly to effect “traffic calming” along with changes in signage will bring our streets up to current standards. Work is already planned to widen the sidewalk on 7th Street where Middle School students wait for public transportation. The present configuration forces kids to spill out into the oncoming traffic while waiting for public transportation. With the opening of 4th Street, the intersections from I to M will also be redesigned with proper measures to “calm traffic” and enhance

the use of that corridor by pedestrians.

Plans are underway to participate in National Walk to School Day in the first week of October. While most children in Southwest walk to school or use public transportation, the emphasis will be on crossing at designated crosswalks, observing traffic signals and obeying crossing guards. ANC Commissioners Hamilton and McBee and other community members have been lobbying for additional crossing guards for both the Amidon-Bowen and Jefferson areas. Additional crossing guards are planned for the start of school this August.

One idea that can be implemented by the community is the “Walking School Bus.” Adults can join together to “pick up” students in their neighborhoods at their homes or at a designated place to walk together to school. The benefits for both the kids and the adults of this plan are easy to see. Schools are also encouraged to establish “mileage clubs” to reward kids who walk.

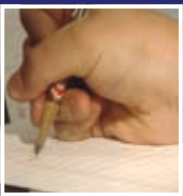
Amidon-Bowen and Jefferson will be distributing a packet of information for parents and students as school begins. It will show the best routes to use from their homes to school and to set the expectations for student behavior

that will assure safe travel for all to and from school. Special attention is being made to improve the safety and efficiency of picking up and dropping off students before and after school at Amidon-Bowen. Heavy rush hour traffic on I Street and 4th Street poses a special problem for those parents who drop off their children on the way to work. The large number of children enrolled in pre-school and pre-Kindergarten at Amidon-Bowen complicates the issue, since they must be escorted into the building.

Age appropriate safety education must be part of all efforts. The role of parents to provide the example of good traffic sense cannot be over emphasized. The lesson a student learns by seeing how their own family members observe traffic rules can make the difference between getting to school and suffering an unfortunate accident.

The Safe Routes Committee will continue to evaluate the progress of the recommendations that have been made as well as to assess any new conditions that need to be addressed as the many construction projects in SW affect the way we walk through our neighborhood.

YATF Sponsors Safe Sitter Training



Kids & Schools

By YATF Volunteers

The Southwest Neighborhood Assembly Youth Activities Task Force (YATF) sponsored its largest Safe Sitter course since becoming a registered site in late 2001 and conducting its first class in 2002. Fifteen students completed the training which was held each morning during the week of July 20-24 at the South Washington Collaborative's Summer Enrichment Camp at Amidon-Bowen Elementary School. Taught by Certified Safe Sitter Instructors Thelma Jones and Eugenia Norde, the training included babysitting as a business, child care essentials, injury management, choking rescue and CPR, behavior management, and safety procedures, among others. Overall,

the students enjoyed the training, especially the accompanying Safe Sitter games, word puzzles and role-playing sessions mostly led by Instructor Norde. Review sessions were a lot of fun, affording the students an opportunity to win approved Safe Sitter products for their correct responses.

A comprehensive verbal and written test was given to ensure that the students had successfully mastered the material covered. A highlight of the training was the announced incentive at the beginning of the course regarding the three highest test scores. The student with the highest score was awarded \$5; second highest score received \$2.50, and the third highest score received \$1.25. Even the best laid plans changed when three students surprisingly scored 93. Beaming with joy, they proudly stepped to the center of the room during the ceremony and received their rewards. Two other students also received rewards for winning second and third place for scoring 88 and 86, respectively. In addition, each student received a Safe Sitter completion card and a Safe Sitter backpack consisting of a manual and several approved Safe Sitter babysitting essentials. Dr. Beryl Rice,

YATF Co-Chair, who attended the closing ceremony, provided the welcome and opening remarks, including talking about the wide range of educational, technological, cultural, and recreational opportunities that YATF provide for community youth. She was delighted to see several students who had participated in previous YATF programs and activities and encouraged the children to take full advantage of future YATF programs.

Instructor Thelma Jones commented that even though the children were challenging at times, she was motivated daily to teach the class, as she knew the course would both make a difference and have an impact on the families and the community-at-large. “The invaluable skills learned during the week-long training will enable the students to be more confident in taking care of the children in their charge on a regular basis,” noting that many of the children are already babysitting for their younger siblings. “They’ve learned a lot of life skills and in their own way expressed their appreciation both orally and on the evaluation forms”, said Jones. “More importantly, the course has done wonders for YATF in terms of building a trusting and sustainable

relationship with the children and in some cases their parents.” If the opportunity were presented again, Jones said with a smile that “drawing on the lessons learned, I’d teach the class again in a heart beat if the Collaborative invited YATF back.”

Funding for the Safe Sitter training was also provided by River Park Friends and the South Washington Collaborative. To date, YATF has trained approximately 50 students and currently have four certified instructors. For more than five years, YATF was the only registered Safe Sitter site in the nation’s capital.

Created in 1982, YATF continues to help meet the challenging needs of our community youth, thereby reaching hundreds of youth and their parents annually. YATF continues to make a positive impact in the community which is reflected by the youth’s enthusiasm and the overall general recognition and vote of confidence it continues to receive in support of our efforts and programs. Students interested in taking the Safe Sitter training should call Thelma Jones at (202) 488-3746 or email her at tjones15@verizon.net.

Southwest Unity Day Thanks Sponsors

Southwest Unity Day would like to thank the following sponsors for the success of the third annual celebration:

- Southwest Neighborhood Assembly
- SW Youth Activity Task Force
- Washington Nationals
- ANC 6D
- Southwest Community House Association
- South Washington/West of the River

- Family Strengthening Collaborative
- Thelma Jones/ Mary Kay Inc
- River Park & Friends
- USA Motors, Inc
- DC Department of Housing Authority
- DC Department of Parks & Recreation
- 1-D Metropolitan Police Department
- Second Baptist Church
- Capital Skyline Inn Hotel

- Metropolitan Meat, Seafood & Poultry
- DC Fire & EMS Department
- Southwest Cavaliers
- DC Lottery
- Career Team
- Remac America, Inc
- State Farm
- Women Collective
- The Helena Day Kirkland Scholarship

- Foundation
- Project Focus, LLC
- Squeeze Management Entertainment
- Base Connect, Inc
- Echelon Community Services
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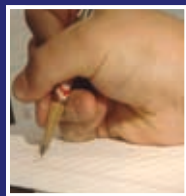
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SWNA Sponsors Youth Photography Class



**Kids &
Schools**

By Thelma D. Jones

Thirteen students registered for the Southwest Neighborhood Assembly Youth Activities Task Force (YATF) first beginners' photography class which started in early June. Held every Monday for 1-1/2 hours at 4:30 pm at the King-Greenleaf Recreation Center, the eight-week class was one of YATF's efforts to help provide engaging, meaningful and fun-loving activities for our youth. Sharing a digital camera, the interactive class taught the students patience and teamwork as well as various photography techniques. Careers in photography and related fields such as multimedia were discussed along with the importance of safety measures when posting photos on the web or personal pages

such as Myspace and Facebook. In addition, teachable moments on class grounds rules were regularly incorporated to demonstrate respect, discipline, sharing and making choices as it related to consequences. To help record their class experiences and to encourage writing skills and conceptual thinking, each student was encouraged to maintain a journal. Supplementing the class room instruction will be an upcoming field trip to a photography studio and a museum.

Exuding excitement and anxiousness, the students recently spent one of their class periods photographing each other on the King-Greenleaf playground while attracting a host of bystanders, including some who pleaded to enroll in the class which was closed for this session. The photos taken were viewed and critiqued during class and subsequently exhibited during graduation. Respectable behavior, good attendance and consistent participation were requirements for graduation. During

graduation, the three top students, voted on by their peers with consultation from the instructor, were presented a digital camera which was used during class. Classes were taught by Dasan Bobo, a multimedia specialist and graduate student from the University of Maryland who works for the World Bank Group.

The photography class graduation was held on Saturday, August 8, at Syphax Community Center, 1345 Half Street, SW. Guest speaker was Southwest resident and noted photographer Jim Johnson who spoke on the theme

of "Images Out of the Eyes of Community Youth." A Howard University graduate, certified photographer, author and mentor, Johnson is internationally known as a speaker and seminar presenter.

For information regarding the fall's photography class, please call (202) 488-3746 or email TJones15@verizon.net.



Gloria C. Harper-Simon

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Southwester Recognizes Delivery Team

By Gary R. Johnson-Bey

For the last couple of years The SW Cavaliers (Herbert Holmes & Rowland Smith) and Project FOCUS, LLC (Gary Johnson-Bey), in collaboration with SWNA, have sponsored a group of 9-12 year old young men to deliver the Southwester Newspaper on a monthly basis. This project has many beneficial and positive youth and community developmental outcomes. For example, youth are engaged in a struc-

tured workforce development and community service activity, while receiving mentoring, life skills and supervision from older men whom they see in the community every day. The paper is distributed to every household, business and public service agency in the SW community. The SW Cavaliers and Project FOCUS look forward to continuing this valuable community engagement project with additional youth in the future.



*Southwester
Delivery Team.*

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Nats Provide Camp Scholarships



Sports

By The Southwester Staff

The Washington Nationals Dream Foundation granted scholarships to 15 young people from Southwest to attend one of their first annual baseball camps which took place August 21-23. The first two days of camp occurred at Georgetown Prep High School in Rockville, Maryland with the last day at Nationals Park, where the Nationals hosted camp participants and their families at the game against the Milwaukee Brewers. Participants were honored on the field prior to the game.

Washington Nationals players and coaching staff provided one-on-one instruction to young people enrolled in the camp. This sort of hands-on, experiential instruction can help propel young people's skills considerably father ahead. "We're proud that these young people will be working directly with some of the best players and coaches in Major League Baseball," said Gregory McCarthy, the team's vice president for government and municipal affairs. "It's like young actors attending a school that has Denzel Washington and Meryl Streep as instructors."

In addition to the young people from Southwest chosen through King-Greenleaf Recreation Center, scholarships were also awarded to young people from DCRBI, Beacon House in Ward 5, the Washington Jesuit Academy, and the TAPS program which serves children with a parent who died while serving in the armed forces. KPMG also provided generous financial support for the scholarships.



Washington Nationals player Jesus Flores gives some one-on-one instruction. Photo by Chris Kennedy.



Campers closely watch Nationals player Rick Eckstein as he gives some tips. Photo by Chris Kennedy.

The Nationals' partners include ESF, one of the country's premier organizers of youth camps, which developed the actual program, Hard Times Café, which donated food and beverages, and Scenic America which donated transportation for campers.

ESF Summer Camps has been a pioneering leader among summer day camps and a significant influence in the lives of children since its humble beginnings in 1982. Nearly three decades ago, at the respective ages of 15 and 11, brothers and budding entrepreneurs Michael and Bill Rouse organized a two-week summer tennis camp for neighborhood kids in Haverford, Pennsylvania.

As word of ESF's reputation began to spread and as some of ESF's original camp families relocated, Michael and Bill began receiving inquiries and requests about opening

camps at other locations. Some of the most prestigious private independent day schools throughout the Northeast then began reaching out to ESF to run camps at their schools. Today, ESF is proud partners with some of the most impressive independent schools on the East Coast.

Participants received instruction in batting, fielding, pitching, health and nutrition, as well as the rules of the game. Each day included friendly games among the participants which were the basis of "report cards" from instructors and awards based on most improved players and demonstrated talents.

"These young people can aspire to be Major League players and officials. We'd be especially proud if they wound up being on their hometown team, the Nationals," said McCarthy.

Nats

From p. 1

first team in Major League Baseball to welcome high school teams to use their fields for practice. "We wanted District high school teams to experience the same thrill and pride that our players have when they walk out of the dugout to the field," said Kasten.

Younger children in Southwest took to the field in a different way on June 5, when they participated in the starting nine tradition on Black Heritage Night. Prior to the game with the New York Mets, nine young people from Southwest stood on the field and were greeted by Nationals players as they assumed their positions on the field. Afterwards, the young people and their chaperons enjoyed the game and dinner as guests of the Nationals.

More than two dozen Southwest residents have participated in the Youth Baseball Clinics presented by Smithfield, hosted at Nationals Park. The clinics include free instruction by Nationals coaching staff and the opportunity for young people to interact with professionals in baseball. The children were



Jefferson Baseball Team.

able to learn the ins and outs of baseball on the field Nationals players call home. Whether it was learning pitching in the bullpen or hitting in the Nationals batting cages, the kids had a Major League experience. Following the clinic the participants enjoyed a hot dog lunch and received an equipment bag and two tickets to that evening's Nationals game.

In late July, groundskeepers from the Nationals met with coaches and other King-Greenleaf Recreation Center staff to provide instruction on how to maintain the field there during the off-season. The team donated more than a ton of 'turf-face', a special clay used on professional fields, which should help manage moisture and improve the overall appearance of the infield. Head Groundskeeper John Royse and his staff demonstrated how to keep the infield free of weeds and how to fill holes and otherwise level out the field.

In late August, the Nationals' First Ladies, wives of the players, are conducting a back-to-school drive and will donate a portion of the school supplies collected to students at Ami-

don-Bowen Elementary School. This is a follow-up to a special assembly at the school in the preseason where seven players visited with the students and read stories with them. More than 3000 books were donated to the students.

The Nationals community efforts are part of a broader effort to ensure that the location of the ballpark becomes is a source of pride and excitement for the community. "There's no reason that the community and team can't coexist as happy neighbors," said Gregory McCarthy, vice president of government and municipal affairs. "We will continue to listen and observe and do what we can to ensure this happens. These efforts with young people who live near the ballpark are an important element of our community outreach."



Returfing Greenleaf Gardens Recreation Center field. Ximena Hartsock, Acting Director of Department of Parks & Recreation, John Royse, Nationals Groundskeeper, Gregory McCarthy, Vice President of Government & Municipal Affairs for the Nationals, and ANC 6D Commissioner Ron McBee together with recreation center managers from around the city who came to learn how to take care of their fields.



Washington Nationals' Josh Willingham hands out caps at Amidon-Bowen.

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